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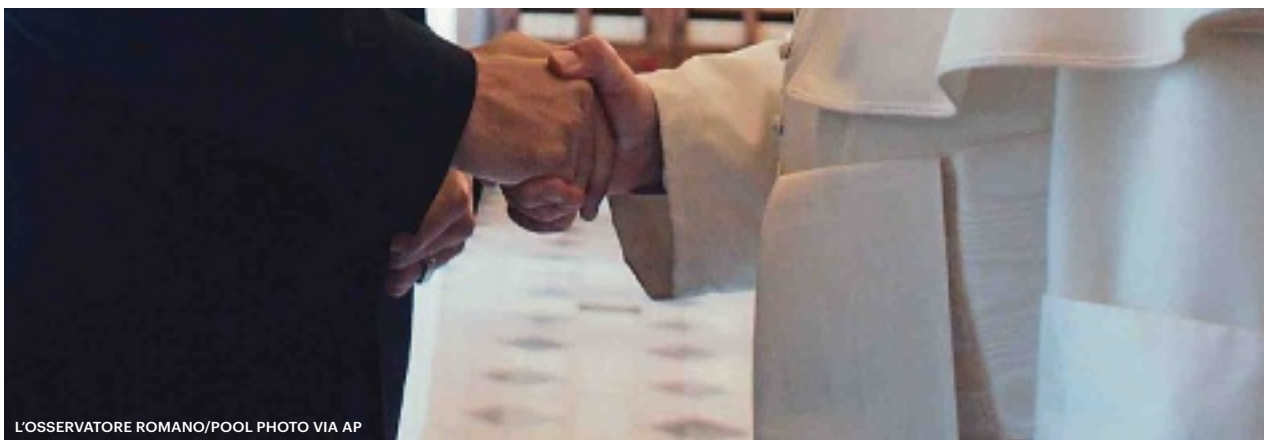
Your essential daily news **TUESDAY, MAY 30, 2017**

High 23°C/Low 11°C **Thunderstorm**



IT'S TIME TO APOLOGIZE FOR RESIDENTIAL SCHOOLS

Trudeau's request to Pope Francis **metroNEWS**



L'OSSERVATORE ROMANO/POOL PHOTO VIA AP

Abortion clinic law in the works

HEALTH CARE

**Legislation to
be tabled in fall
would add 'safe
access zones'**



Ontario's Attorney General Yasir Naqvi announced new legislation Monday that will enact a "bubble zone" around abortion providers in the province.

Naqvi, the MPP for Ottawa Centre, which includes the Ottawa Morgentaler Clinic, said he will be tabling the "safe access zones" legislation in the fall.

He made the announcement in Ottawa alongside Mayor Jim Watson and Coun. Catherine McKenney.

"It is my steadfast belief that every woman in Ontario has the right to make decisions about her own health care," Naqvi said, "and she deserves to do so freely, without fear."

He said he will meet with several groups over the summer and will review existing legislation in British Columbia, Quebec and Newfoundland and Labrador.

The legislation must strike a balance between protecting a women's right to choose and the right to free speech, he said, so it's "not challenged in the fu-

ture on constitutional grounds and struck down."

Last week, Watson had sent a letter to Naqvi requesting this legislation, saying the city did not have the jurisdiction to take action on its own.

"We've seen harassment over the years on Bank Street at the clinic, but it was starting, in many ways, to get worse," Watson said Monday.

In the meantime, Watson advised anyone harassed or assaulted trying to access abortion care to call police.

"I've spoken to the chief (of police) on this and he's assured me that if the harassment continues, the individuals are to call 9-1-1 and police will get there as quickly as possible," he said.

Catherine Macnab, executive director of Planned Parenthood Ottawa, was at the announcement and called it exciting.

"We were surprised by how swift the reaction was," she said, referring to the letter sent by the mayor on May 23.

Macnab said she hopes the new legislation is crafted in a way that it will also apply to future centres, saying she knows the legislation in British Columbia includes detailed plans for each of the covered sites.

"If the legislation is very specific, then if a new site opens that's providing abortion services, it will have to go through a really complicated process," she said.



**We've seen
harassment over the
years on Bank Street.**

Mayor Jim Watson

Feds pushing Canada as LGBTQ tourism hot spot

TRAVEL

Industry group gets \$100K to promote market globally



Ryan Tumilty
Metro | Ottawa

The government committed \$100,000 Monday to help promote Canada as a destination for LGBTQ tourists.

On Monday, Minister of Tourism Bardish Chagger announced the funding, which will go to Travel Gay Canada, an industry group that works with tour operators to make sure their operations are inclusive and welcoming.

Chagger said Canada's ap-

el market is growing, and Canada is well positioned to welcome more LGBTQ travellers."

Colin Simes, executive director of Travel Gay Canada, said they hope to attend more tourism trade shows around the world with the new funding — including a large event in London — and also continuing working with new tourism operators.

He said Canada is fifth in the world today as an LGBTQ tourism destination, but could be first.

"We have some good product here and that's what is bringing them here."

He said right now the organization helps operators identify and address areas where they're failing to be inclusive.

Randy Boissonnault, the government's special adviser on LGBTQ issues, said he believes the \$100,000 spread over two years will help LGBTQ tourism grow.

“The LGBTQ segment of the travel market is growing, and Canada is well positioned to welcome more LGBTQ travellers. Bardish Chagger

proach to LGBTQ rights is central to the country's value, but also opens doors for the tourism market.

"As the world becomes more connected by travel and technology, more and more people around the world are able to learn about Canada," she said. "The LGBTQ segment of the trav-

"It certainly is enough to get started in terms of reaching out and connecting with the international tour operators and bringing groups here to Canada," he said. "What we will do is look at the effectiveness of the program, and then work with Travel Gay Canada after the two-year period."



Randy Boissonnault, the prime minister's special adviser on LGBTQ issues stands with Minister of Tourism Bardish Chagger in the House of Commons Foyer on Monday. METRO FILE

EDUCATION

Scheer reaffirms plan to cut funds from schools limiting free speech

Conservative Leader Andrew Scheer has repeated his pledge to cut off federal funding for university campuses if they don't permit free speech.

Scheer made that commitment during his leadership campaign and emphasized it during his acceptance speech Saturday night.

"I will withhold federal grants from universities that shut down debate," he said.

John Carpay, president of the Justice Centre for Constitutional Freedoms, said they wel-

come Scheer's commitment.

He said universities have been too willing to allow someone's outrage to shut down debate from controversial speakers on Canadian campuses.

"There seem to (be) more and more people who think they have a legal right to go through life and not see things or hear things they disagree with."

Carpay argues universities should be a place where all ideas are welcome and open

for discussion.

"Universities should be teaching people how to think and to simply declare you're offended and then shut down the conversation, that's the opposite of thinking."

Scheer hasn't outlined the details of his proposal yet, including what level of support schools would have to provide to debate.

Metro reached out to several student groups, but none were able to comment before press time. RYAN TUMILTY/METRO

OPIOID OVERDOSES

Always call 911: Official

Paramedics in Ottawa administered naloxone to 19 patients in April because of suspected opioid overdoses — and to 56 patients since the beginning of the year.

But data from Ottawa Public Health show these numbers represent only a fraction of the people who have experienced a drug overdose-related emergency.

In an effort to ensure everyone who suspects an overdose calls 911, the Ottawa Paramedic Service invited Metro to a demonstration on Monday.

The key messages, according to spokesperson Marc-Antoine Deschamps: if you use drugs,

never use them alone; anything could be cut with an opioid; carry a naloxone kit, and call 911.

"Drugs can last for hours, while Narcan (naloxone) will last usually for less than one hour," he said.

Whenever, paramedics arrive on the scene of a suspected overdose, their main concern is to stabilize the "ABCs": airways, breathing and circulation: "There's a lot of things that can look like an overdose, like a stroke, like hypoglycemia (low blood sugar), or an overdose on other things other than opioids" he said.

ALEX ABDELWAHAB/METRO

TRANSPORTATION

Bike lane details revealed



Alex Abdelwahab
Metro | Ottawa

Ontario has released more details of its previously announced plan to fund more bike lanes this year.

In its budget, the province had promised \$50 million from its cap-and-trade carbon program for commuter cycling infrastructure. The money would be used for "cycling lanes separated by a curb and cycling signals."

On Monday, the provincial government launched its Ontario Municipal Commuter Cycling Program (OMCCP), which will run for four years. It will support up to 80 per cent of the cost.

Only \$42.5 million will be available in the first year, and funding for future years will be determined based on "availability of cap-and-trade proceeds," according to the Ministry of Transportation website.

To apply for funding, municipalities must have a cycling plan. Applications will be available starting June 5, and must be submitted by Aug. 18.

Vivi Chi, manager of transportation planning, said the City of Ottawa is interested in submitting an application under the plan. "Identification of the city's potential cycling projects will depend on the OMCCP guidelines which have not yet been released," she said in a statement.

Ottawa developed its most recent cycling plan in 2013. It includes plans to expand the cycling network in three phases until 2031. Among the plans: bike lanes on Murray Street, between King Edward Avenue and Sussex Drive; Heron Road, between Alta Vista Drive and Data Centre Road; and Walkley Road, between Riverside Drive and the Airport Parkway.

Ottawa Coun. Jeff Leiper called the news encouraging. Back in April, he had joined with city councillors across the province to lobby the province for the \$50 million cycling investment.

According to the city's cycling plan, spine routes "follow major roadways (typically arterials) and may provide a reserved space for cyclists, ideally either a cycle track or a buffered bike lane."

"There's a big discussion in the cycling community about how you prioritize all the different cycling infrastructure that needs to get done," he said.

Aykroyd brings Canuck cred to patriotic documentary series

CULTURE

Who better to talk about Canada's gifts to the world?

Dan Aykroyd is uber Canadian.

The Oscar-nominated comedy star was born on Canada Day — July 1, 1952 — in Ottawa, no less. He was bilingual growing up, thanks to his French-Canadian mom. And before he hit the big time on “Saturday Night Live,” the criminology and sociology major worked for the federal government: at the Department of Public Works, with the Canadian Penitentiary Service, and Royal Mail Canada.

His father, an engineer from London, Ont., also worked for the federal government and was a Privy Council officer for then-prime minister Pierre Trudeau. And his grandfather was a Royal Canadian Mounted Police staff sergeant.

“I am thoroughly, through and through, a Canadian,” the Emmy Award-winning actor, comedian, writer, producer and businessman said in a recent phone interview.

Fitting, then, that Aykroyd is the narrator behind a new three-part History documentary series about Canada's great contributions to this world.

Airing this Wednesday, Thursday and Friday, *The World Without Canada* explores an alternate reality



Local boy made good: Ottawa-born, Oscar-nominated comedy star Dan Aykroyd narrates the three-part History doc: *The World Without Canada* this Wednesday, Thursday and Friday. THE CANADIAN PRESS/AP PHOTO BY PAUL A. HEBERT/INVISION/AP

in which the country and its inventions and innovations ceased to exist.

Experts highlight the benefits of Canada's natural resources, technological and medical breakthroughs, and humanitarian efforts as dramatized scenes

depict the global ripple effect if such contributions suddenly disappeared.

Aykroyd seems to have an encyclopedic knowledge of Canada's accomplishments and is able to rhyme off a long list of them.

“But to me, really the most striking and meaningful and positive message about what Canada has accomplished falls in the human rights and peace-keeping aspect of our culture and our pursuits,” he said from California.

“Our country is made up of immigrants who have been welcomed.... That's deeply ingrained in us — tolerance, understanding, compassion, acceptance of those who are different, and a welcoming spirit.

And that really comes through in the documentary.... Canada is a beacon where hopefully some of the oppressed can flee to in time of distress.”

When he's south of the border, Aykroyd — co-writer and star of the first two *Ghostbusters* films — has been known to champion this country in various ways.

In 1995, for instance, he pushed for the Tragically Hip to get a coveted performance slot on SNL, and introduced

them onstage wearing a Canada-themed T-shirt.

“I've known them since the early '80s and I've been great friends with the guys for a long, long time and supported them in everything they've done,” he said, adding he's closest with drummer Johnny Fay.

“I've had the pleasure of actually playing with them onstage a couple of times and it just seemed logical.”

Asked which Canadian invention has had a major impact on his life, Aykroyd said:

“The snowmobile. There's nothing like a good old snowmobile race and especially ice and open-water snowmobile racing and grass drags. This is a big part of Canadian culture and I've had some fun on snowmobiles.”

Aykroyd said he's developing several projects, including an animated *Blues Brothers* TV series, for which he's looking for a distributor.

“It's a half-hour animated show where music is the star,” he said.

“We're talking to a few people about that. We're working with Bento Box (Entertainment). They do a show called *Bob's Burgers*.”

THE CANADIAN PRESS

+ FUN FACTS

Aykroyd's heritage

Birthdate: Canada Day, July 1, 1952

Birthplace: Ottawa

Languages: French and English

Previous employers:

Department of Public Works, Canadian Penitentiary Service, and Royal Mail Canada.



That's deeply ingrained in us — tolerance, understanding, compassion, acceptance of those who are different, and a welcoming spirit. And that really comes through in the documentary. Dan Aykroyd

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PRIDE

LGBTQ Tories not outraged by Scheer

Conservative Leader Andrew Scheer's lack of commitment to attending Pride parades across the country worries, but does not outrage, members of the LGBTQ community in his own party.

Scheer has identified as a social conservative but has also said he does not intend to legislate accordingly. He said in media interviews this week-end he wouldn't attend Pride parades, citing recent controversies over whether police would be able to attend the events in uniform.

Eric Lorenzen is vice-president of communications of the group LGBTQory, which helped to push the party to drop the traditional definition of marriage from its platform.

He said a leader not marching in Pride would not be a major issue. "I don't think it's a deal-breaker for us," he said. "We don't see participation in Pride as an ideological test."

Lorenzen said some of Scheer's past views are of concern, but the group is prepared to believe him when he says

he won't reopen old debates.

"I'm not going to sugarcoat it: We are concerned about some of the statements he made in the past and some of the votes he has made in the House of Commons."

Lorenzen said he also doesn't believe any anti-LGBT measure that could arise would have support inside the Conservative caucus.

Liberal MP Randy Boissonnault said having political leaders march at Pride is a clear signal to those that might feel discriminated against.

"It matters to kids who are thinking about committing suicide. It matters to kids who have been kicked out of their homes by their parents because they're intolerant of LGBTQ2 kids."

Boissonnault said any political leader should be willing to march at Pride.

"I expect all leaders of parties in this country not just to be prepared to march in a parade, but to actually march in a parade and be fully inclusive of all Canadians." RYAN TUMILTY/METRO



Protesters at a rally in front of Parliament Hill Monday call for the government to commit to changing the voting system.

RYAN TUMILTY/METRO

Protesters calling on PM to keep his word

RALLY

Senior walks from Kingston to push for voting reforms

Ryan Tumilty
Metro | Ottawa

More than 100 people were out in front of Parliament Hill Monday calling on the government to commit to proportional

representation.

Ron Weigand led the crowd in a chant of "We're not going away" after the 76-year-old completed walking from Kingston for the cause.

Weigand told the assembled crowd — some of whom had walked with him for parts of the journey — that he would walk again next year and the year after if that's what's required to get a new voting system.

He said people expected Prime Minister Justin Trudeau to follow through on his commitment.

"Many people voted Liberal in 2015 because of Mr. Trudeau's promise."

He said minority governments might not work for prime ministers, but they

often do great things for Canadians.

NDP MP Nathan Cullen told the crowd he intends to introduce a motion Tuesday that would force the government to vote on the issue and acknowledge its broken promise.

"Words matter and when you speak and make a promise that is your bond," Cullen said.

He said a proportional representation system would give Canadians what they actually voted for.

"When we vote for something that's what we are going to get."



Words matter and when you speak and make a promise that is your bond.

NDP MP Nathan Cullen



Conservative Leader Andrew Scheer receives a standing ovation in the House of Commons during Question Period on Parliament in Ottawa, Monday. THE CANADIAN PRESS

POLITICS

Ousted politician questions party's reason for his removal

A controversial Ontario politician who was kicked out of the Progressive Conservative caucus over the weekend is casting doubt on the official party story about his removal.

Progressive Conservative Leader Patrick Brown said in a statement Sunday that Jack MacLaren was being booted out because of a video from 2012 that showed him hinting at a hidden party agenda and making negative comments about French language rights.

Brown called it the "final straw" with a politician who had previously come under

fire for vulgar remarks about a female MP, having fake testimonials on his website, and saying a zero tolerance policy for the sexual abuse of patients is "dangerous."

But MacLaren said Monday the real reason he was expelled from caucus was because PC officials found out he was already leaving to join another party.

MacLaren said he joined

the Trillium Party of Ontario on Friday and had scheduled a news conference for Tuesday, but when the Progressive Conservatives became aware, they kicked him out Sunday morning.

Glossy pamphlets with MacLaren's name and picture alongside Trillium party policy were distributed to reporters early Monday morning.

He wasn't elected as a Trillium party MPP. He was elected in a seat we have held for 40 years.

Progressive Conservative Lisa MacLeod

MacLaren, who represented the eastern Ontario riding of Carleton-Mississippi Mills, briefly took his seat in the legislature Monday — it had been moved away from the PCs. He is now technically sitting as an independent, since the Trillium party doesn't have official party status.

Progressive Conservative Lisa MacLeod called on MacLaren to resign.

"He wasn't elected as a Trillium party MPP," she said. "He was elected in a seat we have held for 40 years."

THE CANADIAN PRESS



Former Progressive Conservative MPP Jack MacLaren is now the only Trillium Party member in the Ontario Legislature, technically sitting as an independent. TORSTAR NEWS SERVICE

Working toward papal apology

VATICAN CITY

Pope Francis, PM Trudeau meet to discuss reconciliation

Canadians are anxious to reconcile with Indigenous Peoples, Justin Trudeau described telling Pope Francis on Monday as he asked the pontiff to apologize for the role the Catholic Church played in the tragedy of residential schools.

The Pope — himself no stranger to the cause of social justice, he noted to Trudeau — seemed open to the idea, the prime minister said as he related the broad strokes of their private conversation at the Vatican.

“He reminded me that his entire life has been dedicated to supporting marginalized people in the world,” Trudeau said after he arrived back in Rome.

Pope Francis also expressed his enthusiasm for working with the prime minister and the Canadian bishops on finding a way forward on the issue of an apology, as recommended by the Truth and Reconciliation Commission.



PM Justin Trudeau meets with Pope Francis for a private audience at the Vatican. THE CANADIAN PRESS

The commission included the demand for a papal apology — to survivors, their families and communities — as one of the 94 recommendations in its report on the dark 120-year history and tragic legacy of residential schools.

Trudeau, who has promised to act on each recommendation, had previously committed to speaking to the Pope about

an apology, but pointed out he could not compel the pontiff to agree.

On Monday, Trudeau said he invited the Pope to visit Canada in the coming years, and thanked him for the global leadership he has shown on climate change.

“We talked about how important it is to both highlight the scientific basis of protecting

our planet, with the moral and ethical obligation to lead and to build a better future for all people on this earth,” he said.

Trudeau, a religious Catholic, suggested the meeting gave him some spiritual fulfillment.

“I also had an opportunity to have a deeply personal and wide-ranging, thoughtful conversation with the leader of my own faith.”

THE CANADIAN PRESS

Reactions

1 Edmonton — Fernie Marty, an elder living in Edmonton with roots in the Elizabeth Métis Settlement, says an apology from Pope Francis to residential school survivors would go a long way towards reconciliation and might help both younger and older generations reconnect to the faith.

2 Calgary — Jason Goodstriker, who sits on the Aboriginal Friendship Centre of Calgary's board of directors, says the ask should really come from First Nations leaders. He also thinks a leader who attended a residential school should make the request.

3 Winnipeg — Clayton Thomas-Muller, an Indigenous activist with 350.org, said: “For Justin Trudeau to speak on our behalf ... continues to breathe life into the ongoing historical record of the patriarchy of the Canadian state.” Thomas-Muller said that the prime minister should have had representatives, including survivors of residential schools, on the trip. METRO

NOVA SCOTIA

Texting and driving caused death, say RCMP



Haley Ryan
Metro | Halifax

Police in Nova Scotia have laid a “unique” set of charges against a man accused of killing a pedestrian while texting and driving.

On March 11, RCMP say a 54-year-old man died after being struck by a car in Cape Breton, as he was flagging passing motorists for help.

The suspect vehicle failed to stop, a release said at the time, and the victim was taken to Cape Breton Regional Hospital where he was later pronounced dead.

“That’s the first time I’ve seen that,” Cpl. Jennifer Clarke, Nova Scotia RCMP spokeswoman said on Monday. “It doesn’t mean it’s never been laid before, but let’s just say it’s unique.”

After an investigation, RCMP’s Cape Breton Traffic Services announced on Monday they had charged a Thomas Joseph Smith, 26, of Sydney, in the case.

Clarke said the case shows how serious the consequences of texting and driving can be.

ELECTION

B.C.’s NDP strikes deal with Greens



Matt Kieley
Metro | Vancouver

Green Party leader Andrew Weaver said he saw a different side of NDP leader John Horgan during negotiations since the province’s historic election on May 9.

Both intend to see a different side of the Legislature soon, swapping their opposition seats for the other side of the floor to form a minority government.

The two parties have announced they’ve struck a four-year “confidence and supply agreement” to form B.C.’s next government, one that will end the Liberals’ 16-year reign over the province. The NDP’s 41 seats and the Greens’ three would represent a majority of votes in the Legislature, more than the Liberals’ 43.

Weaver has been in negotiations with both parties since election night and said he was willing to work with both as long as they met certain Green conditions: such as banning union and corporate donations in politics and moving toward a proportional representation electoral system.

The terms of agreement between the NDP and Greens won’t be released until Tuesday.

metr EFFECT

Canada steps up in fight against famine



Gilbert Ngabo
Metro | Toronto

The Canadian government is stepping up its efforts to counter the threat of famine.

International Development minister Marie-Claude Bibeau announced Monday the launch of the Famine Relief Fund, an effort that will match donations made to registered Canadian charities for the same cause between March 17 and June 30 this year.

The commitment comes two months after Metro launched the Focus On Famine series, highlighting the growing hunger and famine in East Africa and the Middle East, and chronicling efforts of local immigrants to bring relief to desperate families.

The United Nations has already declared famine in some parts of South Sudan, while warning that millions of people in Somalia, Yemen and Nigeria are suffering from hunger and severe malnutrition. About 20 million people in the four countries are at risk, while drought and instability in surrounding countries such as Kenya and Ethiopia add weight to the crisis.

Canada has already committed

+ CHARITIES

Charities to donate to for the matching funds:

■ Action Against Hunger, Adventist Development and Relief Agency Canada, Canadian Foodgrains Bank, Canadian Lutheran World Relief, Canadian Red Cross, CARE Canada, Islamic Relief Canada, Oxfam Canada, Plan International Canada, Samaritan’s Purse Canada, Save the Children Canada, SOS Children’s Village, UNICEF Canada, World Relief Canada, World Vision Canada.

nearly \$120 million towards the US\$4.4 billion required to avert the catastrophe.

“This relief fund is needed now more than ever,” wrote UNICEF Canada chief program officer Meg French in a statement.

Jamie McIntosh, World Vision Canada’s VP of programs and policy, said there’s still an alarming funding gap but government efforts such as the new relief fund bring much-needed hope.

“There’s still an opportunity to pull millions of people back from the brink of starvation,” he said.

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MANCHESTER

Police seek clues in suitcase

Police in Manchester, England issued a picture of the arena suicide bomber holding a blue suitcase and asked anyone who might have seen him with it before the attack to call a confidential hotline.

Counter-terrorism squads are trying to re-create Salman Abedi's movements in the days before he detonated a bomb at an Ariana Grande concert in Manchester, killing 22 people. Police believe Abedi had the wheeled suitcase with him at two locations in Manchester.

The suitcase was not used in the attack, which was carried out when Abedi detonated an improvised bomb minutes after the concert ended. Greater Manchester Police Detective Chief Superintendent Russ Jackson said. Jackson tried to reassure nervous residents of Manchester that the bag does not pose a risk to public safety. But if any members of the public find it, they should not approach it, but call police immediately, he said.

The bombing investigation expanded early Monday when police arrested a 23-year-old man on the south coast of England, hundreds of miles south of Manchester. Police said the man was arrested in Shoreham-by-Sea on suspicion of terrorism offences and an address there was being searched.

The arrest means that 14 men are now in custody in Britain for suspected roles in Britain's worst attack in a decade. The suspects have not been identified or charged. All are being held on suspicion of violating the Terrorism Act.

THE ASSOCIATED PRESS



The type of case that Salman Abedi was seen to be carrying. AP

Over 160 killed, thousands displaced after mudslides

WEATHER

Sri Lanka grapples with devastating natural disaster

A group of Sri Lankan soldiers carried a body wrapped in a tarpaulin to police for identification, while others dug Monday through piles of mud, unearthing a motorbike, pieces of furniture and clothes, the only signs of 15 homes that stood on Kiribathgala Hill just a few days ago.

Helicopters searched elsewhere for people still marooned after rain-triggered floods and mudslides inundated villages last Thursday, killing at least 169 people and leaving 102 others

missing, officials say.

The rains caused part of Kiribathgala Hill to come crashing down, burying the 15 homes and their 26 inhabitants under huge rocks, mud and fallen coconut trees, village officer Udari Erabedda said. Soldiers have recovered 12 bodies, including those of two women and a child dug out on Monday. The others remain missing.

The hill in Sri Lanka's Ratnapura district, known for gems and precious stones, is 120 kilometres (75 miles) southeast of the capital, Colombo. Most residents make their living by tending small plots of tea or spices, or by working in nearby gem mines.

K.W. Robo Singo, 72, lost his daughter, granddaughter and four great-grandchildren.

"I heard a huge sound and saw

large rocks and trees crashing down," Singo said. "Within five minutes everything was over, the whole area was a heap of mud."

Sriyani Mallika wept as she pointed to the area where her brother's home once stood. She said her brother, his wife and two children were all buried under the mud.

Her brother tended a tea plot and wanted to educate his son to become a doctor, she said.

Terrified villagers huddled in a nearby school, having left their homes for fear of more mudslides.

With more rain expected later Monday, rescuers raced to evacuate villagers from the most vulnerable areas around the country. Already, more than 75,000 people have taken shelter in 337 relief camps set up in the south

+ DISASTERS

Mudslides have become common during Sri Lanka's summer monsoon season as forests across the tropical Indian Ocean island nation have been cleared for export crops such as tea and rubber. Another massive landslide a year ago killed more than 100 people.

and west.

An air force helicopter on a relief mission crash-landed near Baddegama town in the south on Monday. All 11 people onboard escaped unhurt. Earlier, an airman died after falling while trying to rescue a marooned person from the air.

Army boats skimmed along water-filled village streets, while flood victims waded through the brackish waters to army trucks carrying relief supplies.

"We are displaced and have no place to go," said Rathana Kumari, who fled her flooded home with her family and took refuge on the Southern Expressway, a highway linking Colombo with the cities of Matara and Galle. "Now we are extremely helpless with our little children."

Medical teams have been dispatched to affected areas, and medicines have been sent by air to hospitals unreachable by road, said Health Minister Dr. Rajitha Senarathna.

Soldiers took advantage of a lull in the rain Sunday to clear roads to reach some flooded areas. THE ASSOCIATED PRESS



Mud and slush cover the slope at the site of a landslide on Monday in Kiribathgala, in Ratnapura district, Sri Lanka. THE ASSOCIATED PRESS

MARAWI

Fears grow of increasing Daesh foothold in Philippines

Inside this lakeside city dotted with hundreds of mosques, a powerful militant designated by Daesh as its leader in the Philippines has managed to unify a disparate group of gunmen under a single command.

Over the past week, his fighters have shown their muscle, withstanding a sustained assault by the Philippine military and increasing fears that Daesh's violent ideology is gaining a foothold in this country's rest-

ive southern islands, where a Muslim separatist rebellion has raged for decades.

The army insists the drawn-out fight is not a true sign of the militants' strength, and that the military has held back to spare civilians' lives.

"They are weak," Gen. Eduardo Ano, the military chief of staff, said of the gunmen, speaking at a hospital where injured soldiers were being treated. "It's just a matter of

time for us to clear them from all their hiding places."

Still, the fighters have turned out to be remarkably well-armed and resilient.

Attack helicopters were streaking low over Marawi on Monday, firing rockets at militant hideouts, as heavily armed soldiers went house to house in search of fighters.

For nearly a week, the militants have held the Philippine army at bay, burning buildings,

taking at least a dozen hostages and sending tens of thousands of residents fleeing. Officials say the commander, Isnilon Hapilon, who is one of Washington's most-wanted militants, is still hiding somewhere in the city.

President Rodrigo Duterte declared martial law for 60 days in the south last week after the militants went on a deadly rampage in Marawi following a failed military raid to capture Hapilon. THE ASSOCIATED PRESS



Evacuees from Marawi rest at an evacuation centre in Balo-i on the southern island of Mindanao on Monday. GETTY IMAGES

Alberta, Saskatchewan getting out of recession

CONFERENCE BOARD

Slow housing expected to drag down Ontario

The Conference Board of Canada says a slow recovery in the oil and gas sector will allow Alberta and Saskatchewan to emerge from recession and lead the provinces in economic growth this year.

In its spring provincial outlook, the board says Alberta will have the fastest-growing economy this year after two years of contractions. Real GDP is forecast to increase by 3.3 per cent, thanks to start-up of a new oilsands refinery near Edmonton and efforts to rebuild Fort McMurray after the 2016 wildfire.

Saskatchewan and British Columbia are expected to tie for second place at 2.5 per cent this year, based on

stronger drilling numbers and labour markets in Saskatchewan and slower housing and forestry sectors in B.C.

The board says all provinces will grow this year except Newfoundland and Labrador, which will shrink by 3.0 per cent before bouncing back in 2018 on new oil production at the Hebron off-shore project.

Ontario is forecast to slow to 2.3 per cent in 2017 thanks to a slowing housing market in the southern part of the province, while Quebec will advance by 1.8 per cent on consumer spending boosted by tax cuts and job creation. Manitoba is to post 2.1 per cent growth.

Nova Scotia's outlook is forecast to advance by just 0.5 per cent this year, while New Brunswick's GDP growth is expected to hit 1.0 per cent and Prince Edward Island is to rise to 1.8 per cent on tourism and manufacturing sector.

THE CANADIAN PRESS



The Conference Board of Canada said "the difficulties in the resources sector are slowly dissipating and helping Alberta and Saskatchewan emerge out of recession." THE CANADIAN PRESS FILE

150 WAYS of looking at Canada

POSTCARD NO. 118

BROOKBANKS PARK, TORONTO



BROOKBANKS PARK IS LOCATED IN TORONTO, BUT ONCE YOU'RE IN THERE, IT'S LIKE BEING IN NORTHERN ONTARIO. IT'S ONE OF THE MOST SERENE PLACES I'VE FOUND IN THE CITY. IT'S A LITTLE VACATION WITHOUT HAVING TO LEAVE HOME. **ADAM HOWELL**



SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag **#150postcards**.

OFFRES D'EMPLOI

UN (1) DIRECTEUR DE SERVICES CLINIQUES

Poste permanent non-syndiqué Concours P17-13
(Dans le présent document, le genre non marqué s'applique à la fois aux hommes et aux femmes.)

HORAIRE DE TRAVAIL : Temps plein, flexible selon les besoins
LIEU DE TRAVAIL : Région de Prescott-Russell

Valoris est une agence multiservice offrant des services intégrés qui réalise son projet corporatif par une prestation décentralisée au cœur des communautés de Prescott-Russell. Les cinq mandats de l'organisation sont : développement adulte et jeunesse, bien-être à l'enfance, santé mentale enfants et famille et les services liés à la violence familiale. Relevant de la directrice générale, le directeur de services cliniques a la responsabilité de veiller à l'avancement des objectifs associés aux différents mandats, et de mener des initiatives collectives afin de développer et améliorer l'application clinique de ces changements.

EXIGENCES ET QUALIFICATIONS

- Maîtrise en travail social, services humains ou domaine connexe.
- Cinq années d'expérience dans le domaine des services sociaux.
- Cinq années d'expérience en tant que gestionnaire.
- Expérience et compétences dans le domaine de l'administration sont essentielles.
- Être visionnaire et pouvoir actualiser une mission.
- Excellentes habiletés de communication et bilinguisme à l'oral et à l'écrit.
- Habiletés organisationnelles dans un but d'efficacité et d'efficacité.
- Être un bon pédagogue.
- Personne dynamique qui peut travailler de façon autonome et en équipe.

Veillez acheminer votre demande d'emploi en précisant le numéro de concours, au plus tard le 7 juin 2017, 16 h, par courriel à emplois-jobs@valorispr.ca.

Veillez noter que nous adhérons aux principes reliés à la loi sur l'accessibilité. Ainsi, si vous avez besoin d'adaptation spéciale (soutien technique, accessibilité, etc.) durant la période d'évaluation, veuillez communiquer avec Stéphanie Presseault au 613 673-5148, poste 2370 dès que possible pour que les mesures appropriées soient prises afin de faciliter votre pleine participation à ce processus de sélection. Nous souscrivons également aux principes de l'équité en matière d'emploi et nous nous employons à ce que notre effectif soit représentatif de la communauté de Prescott-Russell. Agence bilingue située à mi-chemin entre Ottawa et Montréal.

MISSION : Rendre service aux gens vulnérables de Prescott-Russell en les soutenant dans leurs familles et en facilitant leur intégration dans la communauté.

- Détenir un permis de conduire valide de classe G et avoir à sa disposition une voiture.

TÂCHES PRINCIPALES

- Assurer que les services offerts respectent la mission et les philosophies préconisées par Valoris.
- Superviser une équipe de gestionnaires ayant des charges de cas intégrées.
- Être à l'affût des développements provinciaux dans les mandats de services, et représenter l'organisation sur le plan provincial.
- Veiller à ce que les gens que l'on appuie reçoivent des services de qualité, selon leurs besoins.
- Veillez à ce que les gestionnaires offrent une supervision de qualité aux employés en facilitant le transfert des connaissances.
- Assurer une prestation efficace et efficiente du volet de services couvert, incluant l'aspect financier en ayant une bonne compréhension des budgets alloués et en gérant les budgets en collaboration avec la direction générale.
- Assumer à tour de rôle le soutien du service 24/7.
- Rédiger des rapports pour le Conseil d'administration et participer aux rencontres du conseil.
- Participer à la mise en œuvre du plan stratégique.
- Travailler en étroite collaboration avec l'équipe de direction exécutive vers l'avancement des priorités stratégiques de l'organisation.
- Autres tâches connexes.

SALAIRE ANNUEL : 82,017\$ à 115,950\$
(salaire déterminé selon l'éducation, l'expérience et les qualifications)



POSTES CLINIQUES

UN (1) AGENT D'INTÉGRATION – LEAD CLINIQUE

Contrat de 18 mois, syndiqué – Clarence-Rockland (C17-07)
Horaire : 38 heures par semaine, flexible selon les besoins
Salaire : 42,390\$ à 59,813\$

POSTES ADMINISTRATIFS

UN (1) DIRECTEUR DE SERVICES CLINIQUES

Poste permanent non syndiqué – Prescott-Russell (P17-13)
Horaire : Temps plein, flexible selon les besoins
Salaire : 82,017\$ à 115,950\$
Date limite pour postuler : 7 juin 2017

UN (1) RÉCEPTIONNISTE

Poste permanent syndiqué – Plantagenet (P17-14)
Horaire : 35 heures par semaine
Salaire : 35,331\$ à 45,429\$

AUTRES POSTES

UN (1) PRÉPOSÉ À L'ENTRETIEN SUR APPEL

Poste permanent non syndiqué – Prescott-Russell (P17-15)
Horaire : Sur appel
Taux horaire : 17,66\$ à 23,36\$

Les candidats retenus seront évalués sur leur niveau de bilinguisme écrit et oral, et ce, à travers les étapes du processus de sélection. Veuillez noter que l'exigence de base pour occuper l'ensemble des postes énumérés ci-dessus est de détenir un permis de conduire valide. Le salaire est déterminé au moment de l'embauche, selon l'expérience et l'éducation du candidat. Pour plus de précisions sur les offres d'emploi, veuillez consulter notre site internet, www.valorispr.ca.

Veillez acheminer votre demande d'emploi en précisant le numéro de concours, au plus tard le 9 juin 2017, 16 h, par courriel, à emplois-jobs@valorispr.ca.

Valoris adhère aux principes reliés à la loi sur l'accessibilité. Si vous avez besoin d'adaptation spéciale (soutien technique, accessibilité, etc.) durant la période d'évaluation, veuillez communiquer avec Stéphanie Presseault au 1 800 675.6168, poste 2370 afin que nous puissions faciliter votre pleine participation au processus de sélection. Nous souscrivons également aux principes de l'équité en matière d'emploi et nous nous employons à ce que notre effectif soit représentatif de la communauté de Prescott-Russell.

**Agence bilingue située à mi-chemin entre Ottawa et Montréal.
Nous remercions tous les postulants, toutefois, nous communiquerons seulement avec les candidats retenus.**

Valoris de/of Prescott-Russell
173, ancienne Rte 17 | Old Hwy 17, Plantagenet, Ontario K0B 1L0

CLINICAL POSITIONS

ONE (1) INTEGRATION COUNSELLOR – CLINICAL LEAD

18-month contract, unionized – Clarence-Rockland (C17-07)
Schedule: 38 hours per week, flexible as required
Salary: \$42,390 to \$59,813

ADMINISTRATIVE POSITIONS

ONE (1) CLINICAL SERVICES DIRECTOR

Permanent non-unionized position – Prescott-Russell (P17-13)
Schedule: Full time, flexible as required
Salary: \$82,017 to \$115,950
Application deadline: June 7th 2017

ONE (1) RECEPTIONNIST

Permanent unionized position – Plantagenet (P17-14)
Schedule: 35 hours per week
Salary: \$35,331 to \$45,429

OTHER POSITIONS

ONE (1) ON-CALL MAINTENANCE WORKER

Permanent non-unionized position – Prescott-Russell (P17-15)
Schedule: On-call
Hourly rate: \$17.66 to \$23.36

Candidates will be screened on their level of written and oral bilingualism throughout the selection process. Please note that the basic requirement to acquire any of the positions listed above is to hold a valid driver's license. Salary is determined at the time of hiring, depending on experience and education of the candidate. For more information on current job offers, please visit our website at www.valorispr.ca.

Please forward your application with the competition number clearly identified by June 9th, 2017, 4 pm, by e-mail at emplois-jobs@valorispr.ca.

Valoris adheres to the principles of the Accessibility Act. If you require special adaptation (technical support, accessibility, etc.) during the evaluation period, please contact Stéphanie Presseault at 1 800 675.6168, ext. 2370 in order to facilitate your full participation in the selection process. We also subscribe to the principles of employment equity and work to ensure that our workforce is representative of the Prescott-Russell community.

**Bilingual agency located between Ottawa and Montreal.
We thank all applicants; however, we will only contact selected candidates.**

BLUEPRINT by Haley Ryan and Andrés Plana/Metro

Digging in downtown

Urban food forests are popping up in cities — places where people often don't live close to affordable, healthy food shops, let alone farmland. The situation is even worse in poorer neighbourhoods, a phenomenon known as food deserts. It's an international trend many are trying to reverse by planting gardens in empty lots, former landfills, even on barges to give urban dwellers a taste of the homegrown. **Here are some ways cities are putting down roots.**



1 Making an agrihood:

In Detroit, The Michigan Urban Farming Initiative is turning derelict buildings into an urban “agrihood,” an alternative growth model that puts local food at the middle of development. The food forest is spread over vacant land, occupied and abandoned homes, and provides free produce to about 2,000 households.

FACEBOOK/THE MICHIGAN URBAN FARMING INITIATIVE

2 Guerilla gardening:

In South Central L.A., gardener Ron Finley came out victorious in a showdown with a developer who wanted to seize the land he uses as a community garden. Big names like Bette Midler helped fund the \$550,000 the developer demanded, especially after Finley's rousing TED Talk on guerilla gardening in empty lots. His pitch: “Growing your own food is like printing your own money.” GETTY IMAGES



3 A floating forest:

The Swale project is a forest open to foragers atop an old barge that travels to piers around New York City promoting public food. Visitors can harvest herbs, fruits and vegetables for free. The artist behind the project hopes more of the city's parkland can be converted into usable food-growing territory. INSTAGRAM/MARY MATTINGLY



5 Get on the vine:

San Francisco has taken a love of wine to the grassroots with the Neighborhood Vineyards project. Through the hillside nooks and crannies of Alemany Farms, 349 Pinot Noir vines thrive. The group provides education about viticulture, while of course bottling and selling their own wine. NEIGHBOURHOODVINEYARDS.ORG



4 Trees from trash:

The CERES Community Environment Park in Melbourne, Australia is built on a decommissioned landfill that was once a bluestone quarry. They now use solar energy to power a cafe and workshop space, while the farm yields hundreds of pounds of vegetables a year, plus a bush food nursery. FACEBOOK/CERES

PUBLIC WORKS
The week in urbanism



GIRL GROWERS

B.C. has the highest proportion of female farmers in the country, according to census of agriculture data released earlier this month. Although the total number of farmers is declining, urban farms are credited by some with balancing out a gender gap in the, ahem, field.

CHOO-CHOO RE-DO

What to do with an old railway facility? In Tillburg, The Netherlands, a former hangar and maintenance facility will be transformed into a mixed-use library. It will include a music hall, galleries, work space and a restaurant.

CITY CHAMP Metro's
city builder of the week



Jen Fischer is a certified Organic Masters Gardener and a graduate student at the University of British Columbia studying the intersections of urban nature, environmental sustainability and social innovation. @JenLFisch

URBAN DICTIONARY



DEFINITION

A popular urban planning movement for much of the 20th century, the utopian garden cities idea promoted suburban living surrounded by agriculture.

USE IT IN A SENTENCE

Although it was built on lofty ideals, the garden city gave way to sprawl, urban highways, and bad planning decisions.

WORD ON THE STREET by Aaron Chatha/Metro

Putting the public back in public art can help cities grow



The public in public art needs more attention, says consultant Ciara McKeown.

McKeown, with partner Brandon Vickerd, recently held a symposium at York University about the role of public art in Canadian cities.

She found many of the big conversations weren't around the art itself. The biggest issues were time, relationships and vision.

Talk to people

In cities with strong public art scenes, few pieces are dubbed controversial

because the public is engaged in the process.

A big problem, according to McKeown, is when a piece is commissioned and — poof — overnight there's suddenly a sculpture in the middle of the city, with no conversation around it.

Looking forward in public art, she thinks artists need to be given more time to learn about a space, talk to the people in the community and learn its history. The public has to be part of the process — especially, she

said, as there are often concerns when taxpayer dollars are being used to fund the art.

Have a plan

McKeown pointed to Vancouver or Waterfront Toronto as good examples of public art done right.

Instead of looking at public art on a case-by-case basis, the cities that are propelling it forward have cohesive vision, and often plan funding across multiple projects.

There's no standard pro-

cess, but McKeown feels it helps when cities and organizations are able to shift, respond to new opportunities, and keep things feeling like part of a vision.

The worth of public art

Artists aren't just building this thing to fill a space. They're part of a conversation about what cities look like in the future, and where people in them belong.

McKeown believes public art asks vital questions about a city, and where or how it will grow.



KEYBOARD confessional

Why we tell Google our innermost thoughts and feelings — and that may be a problem for researchers

Genna Buck
Metro | Toronto



Humans are a dishonest species. We're not honest with our bosses, our friends, our family, our intimate partners, or with researchers who phone us for a survey.

But there's one situation when we don't lie. We don't lie to Google. The search engine is simultaneously our therapist, our confessional and our most trusted friend. Data scientist and economist Seth Stephens-Davidowitz, formerly of Google, has pored over the unfathomably large body of data concerning when, where and what people search on Google around the world. In his book *Everybody Lies*, he reports insights about what people are really thinking and feeling. He's learned Google users are kinkier than they admit, and more racist too, but most of all, people are desperately anxious and want to know they're not alone.

You were laughed out of academic journals with this idea. Now everybody's interested. What happened?

I was a graduate student in economics, and I became obsessed with all you can learn from what people search, particularly things people wouldn't otherwise admit. People lie to surveys, but they

tend to be really, really honest on Google. I was considered very strange. I couldn't get the work published. I couldn't get an academic job. I was looking for other ways to get the work out there, and now I've written this book.

Did you learn anything profound about human nature?

I think anxiety and insecurity is probably more widespread than we usually think. That would be a big takeaway. But I think also just people are complicated. The traditional methods of data collection have given us a very limited view of the human psyche.

Do you have a favourite finding?

Men make as many searches looking for how to give themselves oral sex as how to give a partner oral sex. My other favourite, which you would probably also put in the weird or one-off category — but I don't think it is — is that the top search in India starting “My husband wants” is “My husband wants me to breastfeed him.” It points to this idea that there are facts about human nature we didn't know. There seems to be a somewhat widespread interest in adult men being breastfed in India. It hadn't been picked up by any of the usual data sources and it isn't talked about. Well,

why India? What causes this to be so much higher in India and nowhere else?

Is this (research technique) going to change the way we look at elections?

(Searches containing racial slurs were strongly associated with areas that unexpectedly went for Trump, such as Michigan and western Pennsylvania). Surveys are getting worse and worse. The response rate is now under 10 per cent. Internet data is getting better and better. In a couple of election cycles, we're not going to be using surveys anymore. But (with election predictions), we're just going to predict an event that's going to happen in three weeks. The attention (on elections) is so enormous relative to its importance.

If elections aren't interesting to you, what is?

I talk about child abuse in the book. That's one area where the data is not good, because most child abuse cases aren't reported. But it turns out a decent number of children, really sadly, make searches such as “my dad hits me” or



“my mom beats me.” So we now maybe have the best data ever on when and where child abuse is rising.

And I talk about racism and hatred. We can break it down minute by minute. We can see how people are responding to the words politicians use in speeches — is it calming an angry mob, or inflaming an angry mob? That is, I think, pretty revolutionary.

What are your findings on that front?

There is clearly a strategy that is much better at calming an angry mob. And it's basically don't lecture to them, but provoke their curiosity. Talk about Shaquille O'Neal being Muslim; don't talk about how it's someone's responsibility not to hate Muslims.

What are you looking for in the data now?

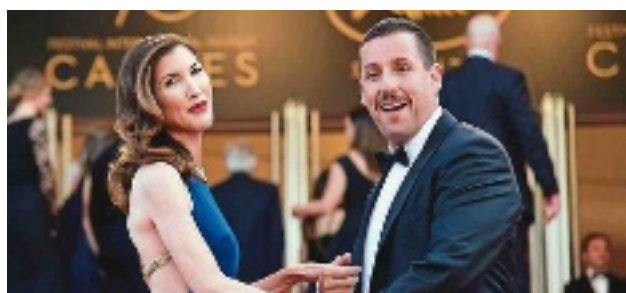
I'm researching anxiety. I've become obsessed with it, because there are lot of things in the data that are really, really surprising. I'll give you one example: When Trump was running for president, he was saying a lot of scary things. Pretty much all my friends and family members and liberal people said they're terrified. Now, if you look at the data in parts of the United States that are really liberal, you don't see an uptick in searches for panic attacks or anxiety or anything like that.

(Maybe) people don't Google anxiety about Trump, even if they're really anxious. I'd be really surprised by that. The second possibility is people have a fixed amount of anxiety — they would have been anxious about their jobs or their kids, but now they're anxious about Trump. That would be a revolutionary change in how we think about anxiety. The third possibility is that people exaggerate how anxious they

are about Trump because it's politically correct, when they tend to actually be much more anxious about their own personal situation. But you don't bother your friends with that. You sound like a good person if you're anxious about Trump.

One of your oddest findings is that people often type confessions like “I'm drunk” into Google. What could they possibly be hoping to find?

It's very strange. It's a little bit like the confessional in Catholicism. It is a widespread use of Google to type complete sentences into the search engine. You (may) get message boards where people are feeling similarly, so you feel less lonely. If you type, “I hate my boss,” you might get message boards of people complaining about their bosses. If you type, “I'm sad,” you get message boards of people who are also sad and you realize, “Oh, I'm not alone.”



Adam Sandler and wife Jackie Titone ALBERTO PIZZOLI/AFF/GETTY IMAGES

MOVIES

Sandler, Pattinson draw awards buzz

It's a long way from May in France to February in Los Angeles, but the Cannes Film Festival has often been a breeding ground for Academy Awards campaigns.

Standing ovations at Cannes, which concluded Sunday, appear likely to lead to awards

consideration for a number of big stars, including unlikely names like Adam Sandler and Robert Pattinson.

When Sandler has waded into drama, he's often won raves. But even more than his turns in *Punch Drunk Love* and *Spanglish*, Sandler's ten-

der, rumpled performance as a recently divorced father in Noah Baumbach's *The Meyerowitz Stories* (New and Selected) was hailed as a new high point for the Sand Man. The Netflix release could also earn some attention for Dustin Hoffman, who with typical distinc-

tion plays the prickly father of Sandler in the film.

Meanwhile, Pattinson's scruffy, scuzzy performance as a Queens bank robber in Benny and Josh Safdie's *Good Time* was immediately hailed as a career-best for the 31-year-old actor. THE ASSOCIATED PRESS

Using a second language to help train your brain

EDUCATION

Juggling two vocabularies leads to mental 'workout'

Maria Christina Cuervo put her 10-year-old son Tomás in French immersion classes — but not just so he would learn to speak the language.

Cuervo knew that learning another language would not only open cultural and social doors for her son, a Grade 4 student at John Fisher Junior Public School in Toronto, but would also be healthy for his mind.

"If you speak two or more languages it trains your brain more," said Cuervo, a Spanish and linguistics professor at the University of Toronto. "It's like being more of an athlete."

The "workout" happens when the brain has to juggle competing vocabularies. For example, an English and French

speaker has to decide between saying "cat" or "chat" each time they see one.

"You are thinking of words or structures in two different languages, so you have to suppress one to speak in only one language," Cuervo says. Doing this can strengthen the part of the brain that helps us process information and focus, she adds.

Different research studies show that bilinguals are better decision makers, can experience a later onset of dementia, are more perceptive, or think differently.

Last year's Oscar-winning movie *Arrival* tackled a version of that last idea — taking audiences on a quest with its star linguist (played by Amy Adams, whose character was informed by actual linguists such as McGill University's Jessica Coon) to communicate with alien "heptapods." The film illustrates (while taking a bit of creative liberty) what scientists know as the Sapir-Whorf hypothesis — a disputed theory that suggests that language can

+ OTHER EFFECTS

Vocabulary size

There is research, including some done by York University's Ellen Bialystok, which has found that children who speak multiple languages have smaller vocabularies in each language than those who speak just one.

change the way we think and view the world around us.

This and other theories about the effect language has on a person's mind are not universally agreed upon by researchers. Some worry positive results indicated in lab tests don't translate into noticeable changes in real life.

"The effort doesn't match the goal," said Stanka Fitneva, a psychology professor at Queen's University who researches the connections between language, cognition and culture. While she agreed that learning a language is advantageous for one's

brain, she noted that it might not be the easiest route for those who are exclusively after the cognitive benefits it can offer. Less-demanding activities and games (for example, Simon Says) she said, could give the brain's "executive function" (the part Cuervo was talking about that help us plan and prioritize) a workout in a similar way.

Ellen Bialystok, a psychology professor at York University who is recognized among language and brain experts as one of the top researchers looking at the impact of bilingualism on the brain, says there are significant cognitive benefits (and aside from that, cultural and social ones) from learning a language.

But she thinks the biggest payoff emerges later in life.

Bialystok pointed to a growing area of research, including some of her own, that has found people who speak more than one language can delay the onset of different types of dementia, including Alzheimer's for several years.

TORSTAR NEWS SERVICE



Maria Christina Cuervo thinks it's important that her son Tomás, 10, learns French. Research has shown bilinguals are better decision makers, are more perceptive and can experience a later onset of dementia. RENE JOHNSTON/TORSTAR NEWS SERVICE

ADVICE

Dump the trash when online dating

Sofi Papamarko
life@metronews.ca

There are few things in life as satisfying as spring cleaning. Purging belongings, digitizing media collections and unearthing your crisper drawer takes time and effort, but the end results can boost both productivity and happiness. (Marie Kondo built an empire on this idea.)

While it may not be as scary as your long-neglected garage, dating can still be pretty messy. Spring cleaning can be applied to your dating life — sometimes you need to carefully sift through everything to decide what's worth keeping, what needs to be shelved and what needs to be burned in a colossal trash fire.

"I've had clients bring up the question of how to approach dating in an efficient and effective manner," says Clare Kumar, a productivity and organization coach and an expert at the art of streamlining.

Having applied her knowledge as a professional organizer and declutterer to the world of online dating, Kumar has offered up some insights that will help any online dater save time, effort and serious frustration.



Clare Kumar is here to help online daters save time and effort. CARLOS OSORIO/TORSTAR NEWS SERVICE

Here are some of her tips on how to best spring-clean your dating life:

Get clear on who you're looking for

Is it important to you that your future partner is vegan or vegetarian? Are you looking for someone who will be supportive of your faith and open to raising potential future children in those traditions? Do you need to be with someone who can keep up with you on your morning runs? If you don't ask, you don't get. Articulate the attributes you're looking for, and write your profile to support the selection of such an individual.

Choose a dating site that works for you

Different sites and apps attract different clientele. Focus your efforts on one or two and get really comfortable with how they work. A little research goes a long way. If you're juggling a few sites at a time, be prepared to make some mistakes. For example, if you swipe "up" on Bumble, you'll see more photos and information about your person of intrigue. If you swipe "up" on Tinder, you've just super-liked someone. Yikes! Getting to know the features of a website or app can save you time and spare you from embarrassment.

Tighten the funnel

If the site or app allows for it, raise the bar for those who wish to communicate with you. "Hey, what's up?" can get old pretty fast. Certain websites such as Plenty of Fish allow you to filter out messages that don't hit a minimum word count. You can also filter out profiles that don't include photos. Don't feel obligated to respond to any and all inquiries out of guilt or politeness.

Meet sooner, not later

Nothing gives you a better idea of what someone is truly like than meeting them in person. The quicker you can move from messaging/texting/calling to an in-person meetup, the faster you'll be able to make an informed decision.

Kiss notifications goodbye

Turn off notifications for all dating apps and websites. They break your focus and your productivity throughout the day. Dip into dating sites only when it's convenient for you. And if you find you're spending more time swiping or browsing online than you'd like, set some strict time limits — for example, 30 minutes a day. Like anything else — diet, exercise — dating has got to fit your lifestyle to be sustainable. TORSTAR NEWS SERVICE

+ HEALTH DIGEST

BOOMERS Critics push back on Hep C screening advice

Baby boomers are slowly learning that hepatitis C can kill without much notice.

An estimated 250,000 to 300,000 Canadians are infected with hepatitis C, and studies suggest 45 to 70 per cent — about two-thirds of them baby boomers — have no idea they carry the virus.

And yet recently released guidelines from the Canadian Task Force on Preventive Health Care recommend against routine testing of baby boomers — or adults of any age — unless an individual has one or more risk factors. This has dismayed some critics.

"HIV we cannot cure. Hepatitis B we cannot cure. Human papillomavirus we cannot cure," says Michael Houghton, a researcher at the University of Alberta who is working on a preventive vaccine. "With hep C, it's the first example of a human persistent virus that we can not just ameliorate but we can actually eradicate," he says.

"So we've got this fantastic opportunity. And are we taking advantage of it? No, we're just dragging our heels," he says.

THE CANADIAN PRESS

FENTANYL Red Cross doesn't fault man for refusing to perform CPR

A Canadian Red Cross official says he sympathizes with a Manitoba postal worker who refused to perform CPR on a woman he feared might have overdosed on fentanyl.

"I can't imagine the feeling that he or she was going through, knowing that they could have or wanted to help, yet they were more fearful for themselves in that case," said Don Marentette, the agency's director of first-aid programs.

"And I think that's legit. We know it's a legitimate concern, for sure, because fentanyl and drugs like that — carfentanyl — are everywhere now."

Winnipeg mail carrier Corey Gallagher discovered a woman, who wasn't breathing, in an apartment lobby while he was delivering mail on Tuesday. A 911 dispatcher put him through to a paramedic, who told him to perform CPR.

Gallagher believed the woman had overdosed and decided not to perform CPR because he was concerned that white powder on her shirt could be fentanyl.

THE CANADIAN PRESS



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Life after Vine holds 'a real live connection'

ON TOUR

Ruth B beyond six-second videos, drops first album

Even if you never used Vine, that now-dead, six-second-video social network, you have heard the musicians that started there; it was very good to a few Canadian artists.

Shawn Mendes has been the poster child for its star-making ability, but Ruth B is ready to take her piece of the spotlight.

Since first posting snippets of herself writing the song that became the hit *Lost Boy* as a teen in her bedroom in Edmonton, B (short for Berhe) grew an audience while working at a Marshall's, then signed to a label, won the Breakthrough Artist Juno and just released her first proper pop album, *Safe Haven*. Now she gets ready to properly tour.

The now 21-year-old admits that it has been a whirlwind, and

understands that she's not far removed from many of her fans.

"It definitely can feel busy sometimes, that things are moving fast, but I just try to live in the moment and kind of enjoy everything. It's all very new still and a different life, but it's fun. It's cool," she says on the line from Nashville, in the midst of a nine-stop tour of the U.S. "It's been really cool to transition from just a Vine artist to an actual artist with music out. It's been really nice to be able to connect with people with more than just the six seconds."

Safe Haven is full of ballads about love and heartbreak, all with a confessional, conversational lyricism that speaks to B's youth. All the same, she had been working on songs for years so, she says, she was ready to hit the studio when every-

thing broke. It was recorded with Grammy-winning producer Joel Little, best known for working with Lorde.

"I learned a lot from Joel. He was awesome and really cool to work with, and he just does such a great job helping a new artist get to where they want to get, instead of putting his own stamp on it and making you something you are not," she says. "I learned a lot about how a studio works, how ideas evolve from just thoughts you have to bigger picture songs and just a lot of little things."

She says the title track is one of her favourites to perform, as it reminds her of home, family and friends in Edmonton, which is where she still lives.

"I love performing *Safe Haven*, the song, because it's probably the most nostalgic for me; I have memories in that song. Every time I perform that it takes me to the same place," she explains. "The past couple of years are wrapped up in that song. When I wrote it, a lot of my life had changed drastically, but the one thing that re-

I just try to live in the moment and kind of enjoy everything. It's all very new still and a different life, but it's fun. It's cool.

mained the same was my family, my friends and my love for music, and it just makes me feel really safe.

B, who has described herself as "shy, with a social side," admits that she was signed before ever really performing and had to get over some stage fright, but she now relishes the opportunity to perform, especially when she sees people singing her songs.

"Yeah, I love that. I love people so it's great to meet people and hear about their stories and connect with one another through song," she says.

"That's probably my favourite part, establishing a real live connection with people."

TORSTAR NEWS SERVICE



Ruth B has outlasted the social network that started her on the path to stardom. The Edmonton singer just released her first album and is on tour. SUPPLIED

HOT TICKET

Ruth B will play Ottawa's CityFolk Festival on Sept. 13.

DIGITAL EFFECTS

Facelifts without the knives

Johnny Depp is 53 years old but he doesn't look a day over 26 in the new *Pirates of the Caribbean* movie — at least for a few moments. There was no plastic surgeon involved, heavy make-up or archival footage used to take the actor back to his boyish Cry Baby face, however. It's all post-production visual effects, and after a decade of refining the process since Brad Pitt ran the gamut of time in *The Curious Case of Benjamin Button*, it's becoming commonplace in major Hollywood movies.

Depp is just the latest megastar to get the drastic de-aging treatment on screen, joining the ranks of Robert Downey Jr. (in *Captain America: Civil War*), Michael Douglas (in *Ant-Man*), Kurt Russell (in *Guardians of the Galaxy Vol. 2*) and scores of others getting digital facelifts to play younger versions of themselves. In the old days, a lucky unknown look-alike (or look enough alike) could have scored the part of young Jack Sparrow or Tony Stark. Now, if the film has the budget, the stars get to have it both ways — and audiences get a nostalgic flashback.

Lola Visual Effects is responsible for Depp's transformation, and most of the Marvel tricks,



Stars such as Kurt Russell (in *Guardians of the Galaxy Vol. 2*) have gone through drastic de-aging treatments on screen.

CHUCK ZLOTNICK/DISNEY-MARVEL VIA THE ASSOCIATED PRESS

26

In the new *Pirates of the Caribbean* movie, Johnny Depp is made to look like he did when he was 26 — around the time of *21 Jump Street* and *Cry Baby*.

which have included making Chris Evans scrawny for the original *Captain America* and Hayley Atwell some 70 years older for the sequel.

Lola was the pioneer behind Benjamin Button, too, and sells

its services to all the major studios. It's one of a handful of vendors that have gotten in the so-called "beauty work" business. It's often meant to go unnoticed (like removing a blemish), and is generally buried under mountains of confidentiality agreements.

"Working on the human face is one of the, if not the most challenging thing to do," said Trent Claus, the visual effects supervisor for *Lola VFX*. "People can tell when there is something amiss. Even if they can't put their finger on what is wrong, they can tell that something is wrong."

THE ASSOCIATED PRESS



JOHANNA SCHNELLER **WHAT I'M WATCHING**

All that crap men do and women put up with

THE SHOW: *Unbreakable Kimmy Schmidt*, Season 3, Episode 3 (Netflix)

THE MOMENT: The face-squish Richard Wayne Gary Wayne (Jon Hamm) kidnapped Kimmy (Ellie Kemper) and forced her to marry him. In prison, he now wants a divorce so he can marry Wendy (Laura Dern). Kimmy's roommate Titus (Tituss Burgess) asks Wendy why in hell she'd want to marry Wayne.

"With Richard I know what I'm getting," Wendy says.

"He won't cheat on me with my neighbour — because he can't. He can't scream at me when the Steelers lose. He can't flip my cereal bowl in my face and call me a dummy."

"A man flipped cereal on you?" Titus asks, hands on his face in horror.

"Because now I eat my cereal at home before I go to the prison," Wendy barrels on.

Titus grips his face so hard the flesh squishes between his hands. Yesterday I wrote about sitcoms delivering a social message. Here's another one. Jokes here fly thick and fast, both high



Laura Dern and Tituss Burgess in *Kimmy Schmidt*. CONTRIBUTED

and low, everything from pooping in a body cast to Kimmy's applying to Roy Cohn Community College (look him up).

But there's a steel girder supporting the far-fetched premise: at heart, this series is about the crap some men pull, and the women who put up with that. Kimmy's former boss Jacqueline (Jane Krakowski) is an extroverted wife awakening to her mistakes. Kimmy's neighbour Lillian (Carol Kane) only reluc-

tantly broke up with (real-life) accused murderer Robert Durst (Fred Armisen).

Kimmy is the ultimate baby feminist, gradually owning and defending her selfhood. Under the funny, show creator Tina Fey addresses some serious ... poop.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

WORLD OF DANCE

Canadian duo eyes \$1M prize

After many late nights spent flipping and twirling in a Toronto studio, two dancers have landed a shot to make it big.

The team of Jenalyn Saraza-Pacheco, 16, and Luka Milacic-Perusina, 20, is the sole Canadian contender among 47 acts with eyes set on a \$1-million prize awarded to whoever wins World of Dance, a 10-episode competition premiering Tuesday on CTV and NBC at 10 p.m.

The hopefuls were picked from thousands who auditioned from around the U.S. and internationally. Earlier this year, the locally based cabaret ballroom duo had to quietly slip out of town for show tapings, initially not allowed to tell anyone (not even their teachers) where they were going or what they were doing.

"It is awkward because you can't give out too much information," Milacic-Perusina said. "I had to be like 'listen, I'm not going to Cuba — I'm actually going to do something, I just can't tell you what it is.'"

Now that posters hyping the series — which bills itself as "the biggest dance competition in the world" — have ap-



Jenalyn Saraza-Pacheco, 16, and Luka Milacic-Perusina
COLE BURSTON/FOR TORSTAR NEWS SERVICE

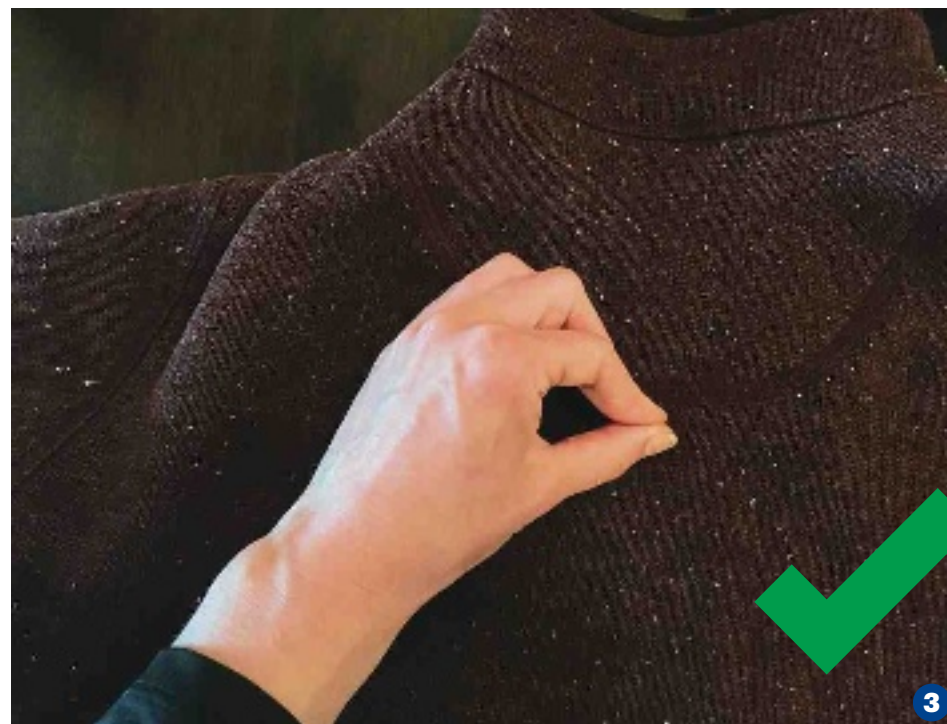
peared on Toronto bus shelters, the news is beginning to sink in for the dancers and their friends at home.

"We were in some of the promos on TV, and some people noticed us and were like 'Hey! That's you guys!'" said Saraza-Pacheco, who is in Grade 11. "It's pretty cool."

The specialty of Luka & Jenalyn, as they call themselves on stage, is their spin on cabaret

ballroom: a variety of extremely acrobatic styles forged into a routine featuring lots of throws and lifts that, understandably, make their parents gasp.

The duo's efforts will be judged by a panel including American pro ballroom dancer Derek Hough, R&B musician Ne-Yo, and show producer Jennifer Lopez herself. American dancer and actress Jenna Dewan Tatum is the host. TORSTAR NEWS SERVICE



Fingers serve as a good method to rid your sweater of pills — if you have the time.

PICTURES BY TORSTAR NEWS SERVICE

Don't sweat your aging sweaters

LIFE HACK

These low-tech methods can help resurrect your wardrobe

Katrina Clarke
life@metronews.ca

Death-by-pilling is the sad fate that befalls my favourite sweaters.

It's as if on cue, the fibres recognize they're loved and let themselves go. They tangle and twist into little lint balls that sit stubbornly on the once-smooth fabric, announcing: "I'm loved and I don't care what I look like!" But that plan backfires, because it's straight to the back of my closet for aging items.

Cruel, I know. But I'm trying to change. That's why I'm seeking guidance on how to resurrect sweaters from the sartorial dead.

Going straight to the source, I asked Google for answers. What I found was four low-mainten-

ance methods on life hack websites and in articles that promise to eradicate pills. These methods required only basic tools — i.e. your hands — which appealed to me, but if you're serious about de-pilling, you could always invest in a sweater comb. Yes, it's a thing.

Test 1: The razor method

Tool: Razor

Test: Taking a five-blade razor, I ran the razor carefully over a spot on the fabric five times. I got worried about putting a hole in the sweater so I stopped there.

Result: The razor removed about half the noticeable pills.
Rating: 3/5

Test 2: The scissor method

Tool: Scissors

Test: Using a pair of kitchen shears, I carefully cut away each pill.

Result: It worked, but was tricky and labour-intensive. Since I had to pull each fluff off by hand after it was cut away, it makes sense just to use your hands.

Rating: 2/5

Test 3: The pulling method

Tool: Your hands

Test: I pulled the fluffs one by one off a 10 centimetre by 10 centimetre section of the fabric. It took about two minutes.
Result: This method removed almost all the pills but it takes time.

Rating: 5/5

Test 4: The Velcro method

Tool: Velcro

Test: Taking a piece of Velcro that was attached to a rain jacket (working with what I have here, people!) I brushed the Velcro over a spot on the fabric three times.

Result: It worked surprisingly well, but the Velcro also pulled at the fabric. The section looked a bit fuzzy-looking by the time I was done.

Rating: 3/5

The Conclusion: Don't give up on your poor, aging sweater. Instead, put those hands to work and get pulling.

Note: I tested these methods on a "performance fleece" sweater. Your results may vary depending on fabric. TORSTAR NEWS SERVICE



PLAID FOR DAD metro focus on prostate cancer

Your whole world is put off-kilter

"It's incredibly scary. Your whole world is put off-kilter. It's scary, it's like a roller-coaster ride because you want the very best possible of all outcomes ... Fortunately, mine is a story with a happy ending. I'm a facilitator of a support group for women and caregivers on a journey with their husbands, and I see so many other outcomes. And I consider myself to be just so incredibly fortunate, because all of those incredibly scary and life-altering changes that come when you are in a more advanced state of prostate cancer — I did not have to experience those with my family."

Kelly Fedorowich, 50, lives in Calgary. Her husband is a prostate cancer survivor.

4,000

In 2016, an estimated 4,000 men died from prostate cancer.
SOURCE: PROSTATE CANCER CANADA, 2016



PROSTATE CANCER CANADA

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

June 16 is **Plaid for Dad Day** in Canada. People from across the country will wear plaid to help raise awareness and vital research funds for prostate cancer. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

Boucher's warning for future

NHL OFF-SEASON

Senators coach keen to avoid complacency after great year

Guy Boucher called the Ottawa Senators' playoff run a "gigantic step" in the right direction, but cautioned the team should be prepared to start "from scratch" next season.

In their first year under Boucher as head coach the Senators advanced to the Eastern Conference final, where they lost in double overtime in Game 7 to the Pittsburgh Penguins.

The goal in Ottawa is to go even farther, but Boucher said players can't expect to pick up at training camp where they left off this season — a goal away from a Stanley Cup final appearance.

"The challenge though, and I've lived it, is the year when you come back sometimes you forget where you started, and just like it is from game to game you have to build it all from scratch, and that's exactly how it's going to be next year," said Boucher.

"The reality of the NHL now is that making the playoffs is extremely difficult from one year to another as we saw this year from teams in our division, none of those teams are the same this year.

"I think the players realize what they've done, but to come back we've got to do it all over again and the mindset can't be that we are the beginning of the year where we were at the end



Guy Boucher knows another deep playoff run in 2017-18 is no given with his plucky Senators.

JUSTIN TANG/THE CANADIAN PRESS

of the year because you never are there, you have to start back at zero." As in any season there will be roster changes.

Ideally the Senators would like to re-sign goaltender Mike Condon, who was acquired when Craig Anderson had to take personal leave to deal with his wife's cancer diagnosis, but Ottawa GM Pierre Dorion didn't seem overly optimistic Monday.

"It's up to him," said Dorion. "If he doesn't like our offer he can just say no. We'd like to bring him back, he wants to come back, but I've been around a long time and you know when talks are going nowhere and they haven't been very good

"I think the players realize what they've done, but to come back, we've got to do it all over again."

Guy Boucher

so far."

Dorion said that if Condon can't be signed they would consider bringing back Andrew Hammond, who remains under contract.

The Senators only have three

restricted free agents on their roster: Jean-Gabriel Pageau, Ryan Dzingel and Jyrki Jokipakka. Dzingel should get signed and ideally the Senators would like to see Pageau in the organization for a long time. They are hopeful to avoid arbitration with the 24-year-old, who is highly respected by both coach and GM.

The bigger question will be what to do with the Senators free agents. Dorion will need to make decisions on Viktor Stalberg, Tommy Wingels, Tom Pyatt, Chris Neil and Chris Kelly.

Pyatt was a Boucher favourite and would likely be a priority to get re-signed. Stalberg and

Wingels were late acquisitions and cost and term will likely be a factor. Dorion said he would sit down personally with veterans Neil and Kelly to "find out what their plans are and if they're in relation with our plans and we'll go from there."

At locker clean out the 37-year-old Neil, who has played his entire career in Ottawa, said he felt like he still had much to contribute, but he was used sparingly by Boucher and it seems unlikely he would be re-signed.

"They can't all be back, it's just a numbers thing," said Dorion. "We have to look at who fits best our needs, our mock roster, where we need to go as far as a group and not take a step backwards."

Adding to the changes is the upcoming expansion draft for the Vegas Golden Knights. Discussions will be held this week as the Senators try to determine its protected list, but Dorion did confirm that Anderson would be protected.

Overall the first year GM was satisfied with his roster, but says they can always get better and are always willing to explore options via trade.

Boucher said he'll let Dorion deal with all the roster issues, but regardless of who's back expects the team to be better.

"You need to find a way to improve in every aspect of the game," Boucher said. "If you don't adapt and change then you don't improve and it will never be enough. Every team will want to get better so it's a matter of learning from this year and moving forward."

THE CANADIAN PRESS

NHL

Bettman reaffirms Olympic stance

NHL commissioner Gary Bettman has emphatically restated that the league will not be making time in its schedule for the 2018 Olympics.

Speaking to reporters before Game 1 of the Stanley Cup final, Bettman said the league's stance on sitting out the Pyeongchang Games has not changed.

"We're not anti-Olympics. We're anti-disruption to the season," Bettman said.

Bettman said the league would not be participating in the Olympics back in April, but officials form the International Olympic Committee and International Ice Hockey Federation had expressed hope that he might change his mind.

NHL players have been at every Winter Games since the 1998 Nagano Olympics.

THE CANADIAN PRESS



Gary Bettman GETTY IMAGES

FRENCH OPEN

Raonic cruises into 2nd round in Paris

Fifth-seeded Milos Raonic is safely through to the second round of the French Open after sweeping past Steve Darcis of Belgium in straight sets.

The Canadian took just 92 minutes to beat the 38th-ranked Darcis 6-3, 6-4, 6-2 — taking the final game to love.

"I was able to break relatively early in all three sets, and just go about my business throughout the whole match. So I'm happy with that," Raonic said.

In women's action, Mont-



Milos Raonic. GETTY IMAGES

real's Francoise Abanda opened with a 6-3, 6-4 win over France's Tessah Andrianjafitrimo.

THE CANADIAN PRESS

IN BRIEF

Boxer Whittom in coma

Journeyman boxer David Whittom was in an induced coma at Saint John Regional Hospital on Monday following surgery to treat bleeding on the brain after a knockout loss.

The 38-year-old was listed in stable condition, said his trainer Francois Duguay. Whittom (12-24-1), a N.B. native based in Quebec, was knocked out in a bout for the Canadian cruiserweight title against Gary Kopas (8-11-2) of Saskatoon Saturday night.

THE CANADIAN PRESS

Playoff win sees Huddersfield promoted to Premier League

Huddersfield Town will play in England's top division for the first time in 45 years after beating Reading 4-3 in a penalty shootout on Monday in the League Championship playoff final, world soccer's richest single game worth a minimum \$220 million US.

After the teams ended extra time tied 0-0, Christopher Schindler converted the winning spot kick at Wembley Stadium for the team managed by David Wagner. THE ASSOCIATED PRESS

GOLF

Woods arrested on suspicion of DUI

Tiger Woods was arrested early Monday on a DUI charge in Jupiter, Fla., and spent nearly four hours in a county jail before he was released.

Woods, the 14-time major champion who ranks second with his 79 career victories on the PGA Tour, has not played for four months. He is out for the rest of the season while he recovers from his fourth back surgery.

Woods was arrested on suspicion of DUI about 3 a.m.



Tiger Woods GETTY IMAGES

Monday and taken to the Palm Beach County jail, Jupiter Police spokeswoman Kristin Rightler said. He was arrested on Military

Trail, south of Indian Creek Parkway. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Zesty Apple Cheese and Bacon Frittata



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could make this easy, healthy egg dish for dinner and still have some leftovers to take to work tomorrow.

Ready in 35 minutes

Prep time: 15 minutes
Cook time: 20 minutes
Serves 6

Ingredients

- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions

1. Preheat oven to 450 F.
2. In large, oven-safe skillet, sauté

the bacon until crisp. Turn off heat. Place bacon on paper towel to drain and wipe skillet with another piece of paper towel.

3. Meanwhile, in a large bowl, whisk eggs. Add half of both cheeses to eggs and whisk again.

4. Place skillet back over medium heat and add butter. Swirl that around the pan. Pour in eggs. Cook until edges begin to set. Crumble bacon and sprinkle on eggs. Lay down slices of apple in a circular pattern. Sprinkle remaining cheese on top.

5. Place in oven 15 to 20 minutes, until top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

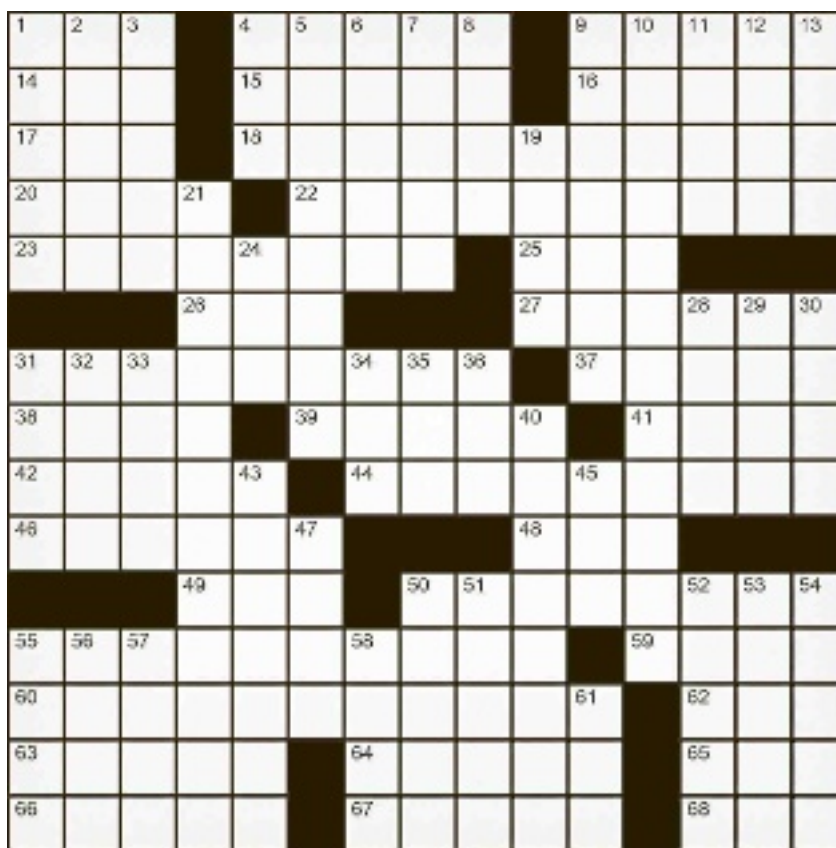
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Foodstuff on the farm
4. After: French
9. Abandon
14. Here, in Spanish
15. "Super, soprano!"
16. Doggy
17. Guffaw
18. The city of Courtenay's area on Vancouver Island: 2 wds.
20. Plummet
22. Work at the drive-thru in a way: 2 wds.
23. "The Guns of ..." (1961)
25. Fire dept. ranks
26. As written
27. Ground sesame paste
31. National Park in Newfoundland which is a UNESCO World Heritage Site: 2 wds.
37. Slangy negatives
38. Military helper
39. _ River, British Columbia
41. Man, in Rome
42. Canadian pianist Mr. Gould
44. Food Network Canada celebrity baker: 2 wds.
46. Poseidon or Neptune: 2 wds.
48. "V" of VCR, for short
49. 'Ranch' suffix
50. Lifted to a higher position: 2 wds.
55. Fought a little
59. Soaps actress Ms. Sofer
60. Subterfuge of ancient Greek legend: 2 wds.



62. The thing's
63. Spur's revolving part
64. "Bye!"
65. Athletic
66. Flees
67. Thelma's portrayal on film
68. Aristocrat's approving answer

DOWN

1. Joseph _, 'Father of the Symphony'
2. Honda model
3. Stand-up comic Mr. Smirnoff
4. The Jackson 5 hit
5. Diplomatic procedure
6. Sir Chandrasekhara

- Venkata _ (Nobelist in Physics, in 1930)
7. Call forth
8. _-Coburg-Gotha (Former royal house)
9. Austere
10. Style-for-sleeves currently on trend in womenswear: 2 wds.

11. Function
12. Top-notch
13. _ Ed. (Gym class)
19. Electrical unit
21. Boeing 737, for one: 2 wds.
24. Cup's circle
28. Stock mkt. debuts for companies

29. Captain for Jules Verne
30. Glenn Frey's "The Heat _"
31. "Just for Laughs _" (Canuck fun TV show)
32. Irritate
33. Ancient concert sites
34. Narrow inlet
35. Bert Bobbsey's twin
36. 'South' suffix
40. Harley- _
43. Average temperatures
45. " _ _ for Outlaw (Sue Grafton novel)
47. "How ya _?" (Casual query)
50. Providence, _ Island
51. Eagle's cliff retreat
52. Glorify as a god
53. Loosen the laces
54. Vermicelli or Macaroni
55. Gibraltar, et al.
56. Fast food titan Ray
57. Des Moines' state
58. 1970s hairstyle
61. Conductor, _-Pekka Salonen

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to meet new faces and see new places. You have lots of energy to go with the ever-changing flow today. Stay light on your feet!

Taurus April 21 - May 21
Trust your moneymaking ideas today, because you are truly inventive and imaginative. However, keep an eye on things because this is a fast-paced, quickly changing day. This might affect your cash flow.

Gemini May 22 - June 21
You are supercharged with energy today! You feel restless and impatient. Routine will bore you. Instead, go with your impulses so you can seek out new experiences.

Cancer June 22 - July 23
You will not be patient with restrictions today — oh, no! You want to break out of your sandbox and do your own thing! This is why you are quietly plotting change.

Leo July 24 - Aug. 23
Your interactions with friends and groups will be sudden and unpredictable today. You might join forces with someone to introduce reform and improvement to society or your community. Work for good!

Virgo Aug. 24 - Sept. 23
Your ambition is aroused today, which is why you might do something that surprises others. You're ready to go out on a limb to support your beliefs and your agenda.

Libra Sept. 24 - Oct. 23
Things are up in the air when it comes to travel. Travel plans might be cancelled or rescheduled. Alternatively, you suddenly might travel when you didn't expect to do so. Surprise news in the media also is likely.

Scorpio Oct. 24 - Nov. 22
You will defend your best interests regarding shared property, taxes, debt and inheritances today. It's possible that someone will challenge you.

Sagittarius Nov. 23 - Dec. 21
Relationships with partners and close friends are stimulating but unsettling today. People will do or say things that surprise you.

Capricorn Dec. 22 - Jan. 20
You want to break free from boring routines on the job today. Modern, high-tech equipment might be introduced to where you work. It's a high-energy day!

Aquarius Jan. 21 - Feb. 19
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social events suddenly might fall in your lap or, alternatively, be canceled. It's a crapshoot.

Pisces Feb. 20 - March 20
You have lots of energy to make changes for the better at home today. Some of you will rearrange your living room.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

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support. Raise money by having your workplace wear plaid on June 16.*



*Register your
workplace at
plaidfordad.ca*